

AL REEYADA INTERNATIONAL SCHOOL

Holiday Homework

I. Directions:

A. Identify the appropriate nutrients from the following images.



B. Identify the appropriate Food preservation from the following images.



II. Select the correct function of the following nutrients and non-nutrients.

1. Fibre: _____

2. Fats: _____

3. Carbohydrates: _____

4. Proteins: _____

5. Vitamins and Minerals: _____

6. Water: _____